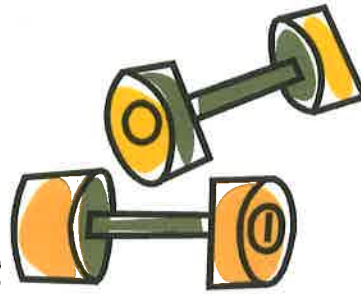




Women's Health Education Program

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Offender Health Education

Guiding Principles

- ☼ Health Education teaches fundamental concepts to foster healthy attitudes and habits
- ☼ Health Education teaches decision making about lifestyle choices
- ☼ Health Education teaches health needs communication
- ☼ Health Education teaches health resource access

Health Education Program Goal:

Offenders will develop an understanding of the factors related to promoting health and preventing disease.

Health Education Program Objectives:

The offenders will:

- 🍎 Demonstrate the awareness of the foundations of health- nutrition-rest-exercise
- 🍎 Demonstrate self-care approaches to address chronic illness symptoms
- 🍎 Demonstrate the risks of infectious disease from transmission to individual infectivity
- 🍎 Demonstrate knowledge of health care resources

Health Education Program Delivery:

The Vermont Offender Health Education program is a psycho-educational group modality that is delivered in 4 group modules. It is suggested that 45 minute sessions be delivered weekly. The sessions are guided by the content module. Therefore several sessions could cover the material in one module. The module framework is a progression and attendees can enter at any point in the cycle.

Group Sessions:

The group sessions will be divided into teaching and discussion and follow the program handbook guidelines for each session. A variety of teaching materials will be used from print materials to video offerings. The health educator will promote discussion around the topics.

Building a Body for Life!

Look-Out for Infections!

Keeping Well!

How & Where to get Health Help!

Health Education Program Evaluation:

The health education program will be evaluated both for process and outcomes. The process evaluation will use the attendance log, a review of the leader survey, and leader narrative. The outcome evaluation will use an attendee survey distributed at the end of each session. The survey will measure health information about infections, healthy choices, managing chronic illness, and knowledge about community health resources. The participant survey will be a forced choice 6 item quiz. The health educator will gather the quizzes at the end of the each session. The leader will score the quizzes. When the four sessions are completed the evaluation documentation (logs, survey, quiz score sheet) will be given to the nurse coordinator.



Health Education Program Instructor's Guide

The Instructor's Guide for the Inmate Health Education Program (IHEP) provides information on the session content areas and describes the process of delivering the program. The IHEP is divided into 4 sessions of 90 minutes and targets major domains - Healthy Lifestyle, Preventing Infectious Disease, Managing Chronic Illness, and Accessing Health Resources.

IHEP Delivery:

1. Advertise the group sessions using the enclosed flyer or develop your own.
2. Schedule a meeting site that is private, safe, & comfortable
3. Use the attached log sheet for sign-in for each session
4. Establish group session rules for small group process
5. Gather health education materials relevant to the topic for hand-outs at session in addition to the exercises & materials provided in this guide
6. Use the group session content outline to guide the discussion
7. Give all participants the quiz questions at the end of the session and gather these up.
8. Keep attendance log, quiz answers, and your assessment of session in program folder.
9. When the 4 groups have been delivered, give the evaluation materials (log, quizzes, leader narrative) to your nurse program manager.

We will review the leader logs & narratives along with the attendee quizzes to monitor and assess the program.

IHEP Sessions Overview

Sessions	Content	Inmate Take Away	Evaluation
Body Works	Discuss healthy behaviors with an emphasis on eating, exercise, sleep, decrease stress, and personal hygiene. Talk about ways that these behaviors can be followed even in the facility. Explain BMI and what it means and explain food labels	Improved understanding that healthy choices can go a long way. Improved understanding of the physical fallout from obesity, no exercise, poor stress coping, and lacking hygiene- cavities for teeth and skin infections	Quiz about the behaviors needed for promoting healthy life years. Leader narrative and attendance log
Look Out for Infections!	Discuss the basics of preventing infectious disease. Present information on MRSA, STD's, Hepatitis Viruses, Flu, and TB. Focus upon personal responsibility to prevent the spread of these infections	Improved understanding of how infections are spread. Better understanding of the high importance of hygiene, handwashing, and safe sex practices	Quiz about how to keep from spreading infection. Leader narrative and attendance log
Keeping Well	Discuss the nature of Chronic Illness that although lasting can be controlled. Present condensed info on what is Asthma, COPD, Hypertension, Diabetes. Emphasis on health management	Improved understanding of self care behaviors to control chronic conditions and keep well	Quiz about self care approaches to take charge of chronic conditions. Leader narrative and attendance log
Getting Health Help	Discuss the need to be active in seeking health care. Present information about health care resources and appropriate use.	Improved understanding of the range of health care sources.	Quiz about health care sources and how to access. Leader narrative and attendance log

Session Topic _____

Today's Date _____ Start Time _____ Stop Time _____

[illegible]



Learn what exercise+ food+ sleep+ coping can do for
YOU! We are having a health education group to talk
about the RECIPE FOR LIVING LONGER AND
STRONGER... join us FOR BODY WORKS CLASS

Where-Place_____

When-Day_____Date_____Time_____



Session I Body Works

This session introduces the attendees to the activities of healthy living. The session leader will describe:

Healthy Eating: Choice, Calories, Portion, Food Labels, Weight Control (BMI/Waist Circumference)

Physical Fitness: What is exercise, How much exercise, What does exercise do for you beyond building muscles

Give Stress a Rest: How does stress affect you, What does too much stress do, How to manage stress

Sleep: How to get it and keep it, why its important

Looking Good: All about personal hygiene and dental care- keeps infection away

At the end of the session the participants will:

1. Increase understanding of how eating, nutrition, and rest affect health
2. Describe the effects of poor diet and no exercise for living into old age
3. List one stress reducing activity



Body Works Quiz

1. Name 3 factors needed to live healthy.
2. Name one result from exercising.
3. How many hours of sleep should you have?
4. List 2 ways to lower stress

Name _____ Date _____



LOOK OUT FOR INFECTIONS!!!!!!

This Class will talk about GERMS -you can't see 'em but they can get you! Learn about how to avoid all sorts of infections and stay healthy..

Where-Place_____

When-Day_____Date_____Time_____